perplexity

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American Kenpo, often called Kenpo Karate, is a highly modernized, scientific system of martial arts founded by Edmund "Ed" Parker. The phrase "all-karate" generally reflects how Kenpo bridges multiple traditional systems, blending elements of Chinese Kung Fu, Japanese Karate, and Okinawan disciplines into an adaptable, street-practical self-defense art.

Wikipedia +4

The Core Pillars of American Kenpo

Scientific Approach: Uses the laws of physics, geometry, and strategic body mechanics to maximize striking power.

Rapid Strikes: Emphasizes overwhelming an aggressor with a continuous, rapid torrent of successive strikes.

Tailored Application: Adapts movements directly to an individual's unique physical height, weight, and build.
Linear & Circular Motion: Fuses direct, linear Japanese Karate strikes with fluid, circular Chinese Kung Fu movements.
Wikipedia +2
Evolution of the Style
Ed Parker systematically refined the system over his lifetime through distinct, logical developmental stages:
www.martialtalk.com +1
[Kenpo Karate (1950s)] ➔ [Chinese Kenpo (Early 1960s)] ➔ [American Kenpo (Late 1960s onward)]

He deliberately removed non-essential traditional Asian linguistic and cultural formalities to create a streamlined, practical system optimized specifically for modern Western environments.
www.martialtalk.com +1
The Curriculum & Forms
The system organizes its foundational mechanics using highly specific memorization tools and highly structured categories:
Wikipedia +1
The 11 Core Forms: Includes 3 "Short" forms and 8 "Long" forms that dictate foundational combat motions.
Wikipedia +1
Poetic Technique Names: Features vivid names like Thundering Hammers, Five Swords, and Prance of the Tiger to help students naturally memorize complex defensive combinations.
The 3 Stages of Learning: Moves sequentially through the Ideal Phase (by-the-book rules), the What-If Phase (variables), and the Formulation Phase (complete personal mastery).
To see these structural movement mechanics performed at a training pace, view this step-by-step breakdown of Kenpo's foundational patterns:
8:30
Kenpo: Long Form 1 (Walk Through Pace) | Jamie Seabrook
1.2K views · 5 months ago
YouTube · Seabrook Martial Arts Academy
18:45

Kenpo Long Form 3 Walkthrough (Slow Pace) | Jamie Seabrook
2.3K views · 1 year ago
YouTube · Seabrook Martial Arts Academy
47:38
Kenpo Ed Parker´s System FULL Instructional Video
17K views · 1 year ago
YouTube · BUDO INTERNATIONAL (OFFICIAL)
If you are looking to dig deeper into the system, please let me know:
Are you looking for a local school or federation to start training?
Do you want to see the specific sequence for a particular belt rank technique?
Are you comparing American Kenpo directly against a different style, like Shaolin Kempo or Kajukenbo?
11 sites

1. Local Training Options in Elmira, NY
   While there are no pure Ed Parker American Kenpo commercial dojos inside Elmira proper, the area features highly regarded schools that teach overlapping, practical self-defense foundations:
   American Family Karate & Jujitsu
   5.0
   (15)
   Martial arts school
   Closed103 Hoffman St0.5 mi
   Focus: Veteran-owned school specializing in a mixed blend of reality-based self-defense, stand-up striking, and ground-fighting jujitsu systems.
   Schedule: Monday & Thursday 5:00 PM – 8:00 PM; Tuesday & Wednesday 5:00 PM – 8:30 PM; Saturday 9:00 AM – 11:00 AM.
   www.teamafkjujitsu.com
   Mugen Martial Arts and Fitness
   5.0
   (6)
   Martial arts school
   ClosedHorseheads, NY5.9 mi
   Focus: Located 6 miles away in Horseheads, NY. It combines traditional martial arts principles with modern refinements, offering Boxing, Kickboxing, Submission Wrestling, and MMA.

Schedule: Operates a dense, 20+ weekly class calendar spanning mornings and late evenings.

2. Specific Rank Sequence: The Orange Belt Curriculum
   In the official Ed Parker American Kenpo curriculum, the Orange Belt represents the "Growth of Confidence" and introduces 24 specific self-defense sequences. Here is a comprehensive breakdown of the core techniques required at this level:
   Instagram·karatesir786 +1
   Technique NameAttack Type PreventedPrimary Mechanics Used
   Clutching Feathers
   Front left-hand hair grab
   Pinning hand, upward strike, low throat chop
   Triggered Salute
   Front right-hand direct push
   Inward block, forearm strike to elbow, hammerfist
   Dance of Death
   Front right straight punch
   Outward parry, step-through chop, groin strike
   Thrusting Salute
   Front right step-through kick
   Downward block, front snap kick, heel-palm thrust
   Gift of Destruction
   Handshake
   Torque pull, elbow break, step-through back fist
   Five Swords
   Front right roundhouse punch
   Double block, chop to neck, rapid hand-sword series
   Lone Kimono
   Front left-hand lapel grab
   Hand pinning, upward forearm break, downward hammerfist
   Glancing Salute
   Front right-hand cross push
   Outward parry, elbow strike to chest, checking hand

3. Direct Style Comparison: Kenpo vs. Kempo vs. Kajukenbo
   [Shaolin Temple Roots]

│
├─► American Kenpo (Ed Parker) ──► Highly geometric, rapid-fire hand combinations
├─► Shaolin Kempo (Fred Villari) ─► Incorporates animal forms (Tiger, Crane) & traditional weapons
└─► Kajukenbo (Adriano Emperado) ──► Rugged, high-impact street blend of Karate, Judo, & Boxing

American Kenpo (Ed Parker): Fully westernized, highly mathematical. It breaks down self-defense into physics, checking lines, and fluid, rapid-fire hand strikes. It relies strictly on tailored personal mechanics over fixed, historical traditions.
Shaolin Kempo Karate (Fred Villari): A system explicitly fusing Parker's early techniques with distinct Chinese Shaolin animal forms (such as the Tiger, Crane, and Leopard) and traditional weapon sets. It displays a more circular, traditional Kung Fu aesthetic than Parker's system.
Kajukenbo (Adriano Emperado): Formed in Hawaii in 1947, this is a brutal, high-impact hybrid. Its name breaks down its core lineages: KArate, JUdo/JUjitsu, KENpo, and BOxing. It is heavily combative and focuses intensely on hard full-contact survival, takedowns, and close-quarters fighting.
www.martialtalk.com +1
If you would like to proceed, let me know if you want a full step-by-step breakdown of how to execute one of the specific Orange Belt techniques (like Five Swords), or if you want to contrast the Yellow or Purple belt curriculums.
www.tracyskaratestudios.com
Try without personalization
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I hope this image captures the fun, confident energy you were looking for!
If you would like to make any adjustments, let me know. We can change details such as:
The color or style of the uniform (gi)
The background setting (like an outdoor training park or a competition stage)
Her pose or expression
What would you like to explore next?
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To effectively blend hardcore bodybuilding and CrossFit with your American Kenpo training, you must balance intense physical stress with the speed, fluid rotation, and fast footwork required on the mat. High-volume lifting builds dense muscle armor, while

explosive functional circuits provide the deep conditioning needed to sustain rapid-fire strikes.

Here is how to structure a high-performance routine that complements your martial arts practice without causing stiffness or overtraining.

The Strategic Blueprint: Muscle, Speed, and Endurance

To prevent your muscles from tightening up and slowing your hands down, organize your training into three distinct blocks:

The Power-Volume Block: Builds dense muscle mass and thickens connective tissue through compound lifts.

The Functional Metabolic Block: Uses high-intensity functional training to mimic the explosive stamina needed for sparring rounds.

The Mobility & Speed Buffer: Incorporates dynamic stretching, active recovery, and rotational work to ensure your gains don't compromise your flexibility.

The Combined Weekly Training Structure

This split isolates your heaviest lifting days from your most intense martial arts classes, giving your nervous system time to recover.

[Mon: Power & Mass] ⟶ [Tue: CrossFit WOD] ⟶ [Wed: Active Recovery/Mobility]
▲ |
| ▼
[Sat: Heavy Lower] ⟵ [Fri: Functional Speed] ⟵ [Thu: Kenpo Training]

Monday: Heavy Upper Body & Rotational Power (Bodybuilding Focus)

Bench Press: 4 sets x 8–12 reps (Builds explosive pushing power for palm-heels and blocks)

Overhead Barbell Press: 3 sets x 10 reps (Strengthens the shoulder girdle for a high guard)

Weighted Chin-Ups: 4 sets x 8 reps (Balances pressing movements; builds pulling strength for lapel grabs)

Barbell Landmine Twists: 3 sets x 15 reps per side (Essential for developing core-driven rotational striking power)

Tuesday: High-Intensity Metabolic Conditioning (CrossFit Focus)

Perform this circuit as a 20-minute AMRAP (As Many Rounds As Possible) to build tactical stamina:

5 Clean and Jerks (135 lbs / 95 lbs) – Develops full-body explosive power.

10 Toes-to-Bar or V-Ups – Conditions the core for high snapping kicks and structural posture.

15 Wall Ball Shots – Replicates the constant level changes and hip drive used in deep stances.
200m Sprint or Heavy Weighted Jump Rope – For fast footwork and explosive endurance.
Wednesday: Active Recovery, Mobility, & Kenpo Mechanics
Foam Rolling & Myofascial Release: 15 minutes targeting the lats, hips, and calves.
Dynamic Hip Opener Circuits: 3 sets of deep Cossack squats and prying Malasana squats to keep stances deep and fluid.
Shadow Kenpo (Form Drills): 20 minutes executing your required forms (like Short Form 1 or Long Form 3) at a slow, deliberate, 50% pace to focus entirely on perfect tracking, alignment, and balance.
Thursday: Dedicated Kenpo Curriculum Training
Focus heavily on self-defense technique sequences, rapid-fire striking drills, and live sparring adjustments.
Friday: Explosive Functional Speed & Conditioning
Medicine Ball Slams: 4 sets x 10 reps (Trains explosive downward energy)
Kettlebell Swings: 4 sets x 20 reps (Builds strong glutes and hips for driving forward into attacks)
Barbell Thrusters: 3 sets x 12 reps (High metabolic demand; conditions the entire body under fatigue)
300-500 Jumping Jacks: Done at a brisk, unbroken pace to cap off your cardiovascular conditioning.
Saturday: Heavy Lower Body Density (Bodybuilding Focus)
Barbell Back Squats: 4 sets x 8–12 reps (Builds the rock-solid base required for stable, rooted stances)
Romanian Deadlifts: 3 sets x 10 reps (Strengthens the hamstrings and lower back to protect against injury)
Seated or Standing Calf Raises: 4 sets x 15 reps (Essential for springiness and fast stepping patterns)
Sunday: Absolute Rest
Complete physical rest to allow muscle tissue repair and central nervous system recovery.
Critical Training Rules for Kenpo Athletes
Stretch What You Strengthen: For every heavy pressing or pulling set, spend 30 seconds opening up your chest, shoulders, and hips to prevent stiffness.
Move the Weight Fast: During your bodybuilding exercises, focus on an explosive upward phase to keep your fast-twitch muscle fibers primed for high-speed striking.

Stay Hydrated & Fueled: Intense hybrid training burns immense glycogen. Prioritize high-quality carbohydrates and clean protein sources to prevent muscle breakdown and fatigue.

If you are ready to dial this in further, let me know:

What specific equipment (barbells, kettlebells, racks) do you have access to?

Do you want to adjust the volume to match a specific upcoming belt evaluation or tournament date?

Would you like a specialized shoulder and hip mobility routine to explicitly prevent stiffness from heavy lifting?

Try without personalization

To keep your muscles long, fast, and loose while combining heavy lifting with Kenpo, you must use the right stretch at the right time. Stretching at the wrong time can weaken your muscles before lifting or cause injury if done on cold muscles.

Here is your complete mobility blueprint, categorized by type and when to use them.

1. Dynamic Stretches (Pre-Workout & Pre-Kenpo)
   Use these before training to increase blood flow, lubricate joints, and prime your nervous system for speed and explosive power. Perform each for 10–12 repetitions per side.
   [Leg Swings] ⟶ [Arm Circles] ⟶ [Torso Twists] ⟶ [Spiderman Lunges]

Front-to-Back Leg Swings: Hold onto a wall and swing one leg forward and backward in a smooth, controlled motion. Progressively swing higher to open up your hamstrings and hip flexors for high kicks.

Lateral Leg Swings: Face the wall and swing your leg side-to-side across your body. This prepares your hips for lateral movements and side kicks.

Large Arm Circles & Horizontal Claps: Swim your arms forward and backward in wide circles, then swing them horizontally to hug yourself and open wide. This loosens the chest and shoulders for fast hand blocks and strikes.

Dynamic Torso Twists: Stand with a wide base and swing your arms side-to-side, letting your back heel lift as you rotate. This warms up the rotational mechanics needed for power striking.

Spiderman Lunge with Thoracic Rotation: Step forward into a deep lunge, place both hands inside your front foot, and rotate your inside arm straight up toward the ceiling. This opens up tight hips, the groin, and the upper back all at once.

2. Active Mobility Exercises (During Workouts or Rest Days)

Use these between lifting sets or on your active recovery days to actively build strength

through a full, deep range of motion. This prevents bodybuilding from making you stiff or muscle-bound.

Cossack Squats: Stand with a very wide stance. Shift your weight completely to one side, bending that knee into a deep squat while keeping the opposite leg completely straight and your toes pointing up. Alternate sides smoothly to build deep stance flexibility.

Barbell Landmine Complex: Hold a landmine barbell with both hands. Pivot your hips and press the weight up as you rotate your torso. This directly bridges gym strength with Kenpo's rotational striking.

90/90 Hip Switches: Sit on the floor with your knees bent at 90-degree angles, one leg in front of you and one leg behind. Without lifting your feet off the floor, rotate your knees over to the opposite side. This unlocks deep hip rotation for fluid footwork.

Scapular Wall Slides: Stand with your back, head, and elbows completely flat against a wall. Slide your hands straight up and down without letting your elbows or wrists leave the wall. This counters tight chest muscles from heavy bench pressing.

3. Static Stretches (Post-Workout Only)

Use these only AFTER your workouts or right before bed when your muscles are thoroughly warm. Hold each stretch for 30–60 seconds while taking deep, slow breaths to elongate the muscle fibers and jumpstart recovery.

Deep Couch Stretch: Place your back knee flat against a wall or couch cushion, and step your other leg forward into a lunge. Squeeze your glutes and sit upright. This aggressively opens up the hip flexors that get tight from heavy squatting.

Doorway Chest & Bicep Opener: Place your forearms against a doorframe and gently lean your torso forward until you feel a deep stretch across your chest and shoulders. This prevents a rounded, stiff posture from heavy lifting.

Seated Straddle Stretch: Sit on the floor with your legs spread as wide apart as possible. Keep your chest up and walk your hands forward along the floor. This targets the groin, hamstrings, and lower back to help you maintain a deep, stable horse stance.

Pigeon Pose: Place one leg bent at a 90-degree angle flat on the floor in front of you, extending your back leg straight behind. Lower your torso over your front leg to deeply stretch the glutes and piriformis, which take a heavy beating during jumping and explosive movement.

How to Sequence Your Daily Mobility Routine

Training PhaseWhat to DoTime Required

15 Mins Before Lifting/Kenpo

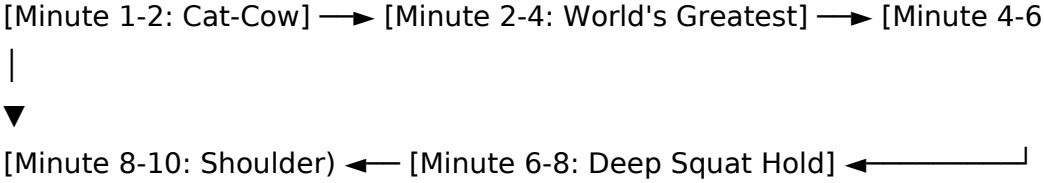
4–5 Dynamic Stretches

Quick 5–7 minutes

Between Heavy Lifting Sets
1 Mobility Drill (e.g., 90/90 Hip Switches)
1 minute during rest
Immediately Post-Training
3–4 Static Stretches (Hold each for 45s)
5–10 minutes
If you want to tailor this further, let me know:
Do you feel tightness or pain in any specific joint (such as lower back, knees, or shoulders) after training?
Would you like a daily 10-minute morning routine written out step-by-step to build baseline flexibility?
Do you want to know which specific stretches directly improve your side kick or roundhouse kick height?
Part 1: Addressing Your Specific Joint Tightness & Pain
When combining heavy lifting with martial arts, specific joints bear the brunt of the stress. Here is how to fix and protect those three critical areas:
Lower Back Protection (The Decompression Protocol): Heavy squats and deadlifts compress your spine, while snapping kicks stress the lumbar region.
The Fix: Decompress and stabilize. Hang passively from a pull-up bar for 60 seconds to open up the spinal discs. Follow this immediately with the Bird-Dog exercise (3 sets of 10 slow reps per side) to fire up the deep core muscles that shield your lower back during explosive Kenpo turns.
Knee Relief (The Patellar Tracking Fix): Deep horse stances and CrossFit wall balls place immense stress on the patellar tendon. Tight quads pull on the knee cap, causing pain.
The Fix: Release the tissue above and below the joint. Use a lacrosse ball or foam roller to aggressively roll out your quadriceps and calves for 2 minutes per side. Follow this with Poliquin Step-ups (elevating your heel on a small wedge and tapping your opposite heel to the floor, 3 sets of 15 reps) to strengthen the VMO muscle directly protecting the knee.
Shoulder Mobility (The Guard-Position Reset): Heavy bench pressing tightens the chest, while holding a combat guard keeps the shoulders rounded forward. This pinches the rotator cuff.
The Fix: Open the front, strengthen the back. Perform Band Dislocates (holding a resistance band wide and bringing it over your head to your lower back with straight arms) for 3 sets of 15 reps. Follow with Face Pulls using a band or cable machine to pull your shoulders back into alignment.

Part 2: Your 10-Minute Morning Baseline Routine

Perform this sequence every morning directly out of bed to systematically undo the stiffness caused by your heavy training days.




Minutes 1–2: The Cat-Cow Stretch (15 slow reps): On all fours, alternate between arching your back toward the ceiling and dropping your belly toward the floor. Unlocks early morning spinal rigidity.

Minutes 2–4: World's Greatest Stretch (6 reps per side): Step into a deep lunge, drop your elbow inside your ankle, then rotate your arm up toward the ceiling. Opens the hips, groin, and upper back simultaneously.

Minutes 4–6: The Frog Stretch (2 minutes total): Drop to your knees, spread them as wide as possible, turn your feet outward, and rock your hips back toward your heels. This stretches the adductors directly used in deep Kenpo horse stances.

Minutes 6–8: Deep Squat Hold with Prying (2 minutes total): Sit deeply into the bottom of a squat. Use your elbows to push your knees outward while keeping your chest completely upright. Lubricates the hips, knees, and ankles.

Minutes 8–10: Shoulder Pass-Throughs (15 slow reps): Use a broomstick or PVC pipe to rotate your arms smoothly from your thighs, over your head, to your lower back.

Part 3: Kick-Height Optimization (Side & Roundhouse Kicks)

To kick higher without losing your balance or tipping your torso away from the target, you must combine flexibility with active hip strength.

Active Adductor Opener (For Side Kicks): Sit in a wide straddle against a wall. Slide your hips forward until you feel a deep stretch in your inner thighs. Hold for 30 seconds, then actively push your heels into the floor for 10 seconds to build strength at your maximum range of motion.

Standing Leg Raises with Hold (For Roundhouse Kicks): Stand next to a wall for balance. Lift your leg out to the side into a roundhouse kick chamber position, extend the kick, and hold it completely still at its maximum height for 10 seconds. Do 5 reps per side to strengthen your gluteus medius.

Dynamic Iron Cross Stretch: Lie on your back with your arms spread wide. Keep your legs straight, lift your right foot up, and reach it across your body to touch your left hand. Switch sides smoothly for 10 reps per side to loosen the IT bands and lower back for high,

fluid snapping kicks.

Part 4: Calisthenics & Non-Weights Training for Kenpo

Bodyweight movements build functional relative strength (strength-to-weight ratio), improve joint longevity, and teach your body to move as a unified weapon.

Explosive Calisthenics (Power & Speed)

Plyometric Push-Ups (Clapping Push-Ups): 4 sets of 5–8 explosive reps. Push off the floor with enough force to clap your hands. This builds the violent, snappy chest and shoulder extension required for rapid-fire hand swords and punches.

Deck Squats / Roll-Ups: 3 sets of 10 reps. From a standing position, squat down, roll backward onto your spine, bring your feet over your head, then roll aggressively forward back onto your feet to stand up. Builds incredible abdominal coordination and fluid level-changes.

Jump Squats to Tucked Knees: 3 sets of 8 reps. Explode upward out of a squat and pull your knees tightly to your chest at the peak of the jump. Trains the explosive hip flexion needed for flying or leaping maneuvers.

Isometric & Kinetic Control (Stability & Structure)

Static Horse Stance (Kiba Dachi) Holds: 3 sets held for maximum time (aim for 90+ seconds). Drop into a deep, wide stance with your thighs parallel to the floor and your spine straight. This builds absolute endurance in the thighs, glutes, and hips, rooting you firmly to the ground during defense sequences.

The Hollow Body Hold: 4 sets held for 30–45 seconds. Lie on your back, press your lower back firmly into the floor, and lift your shoulder blades and straight legs a few inches off the ground. This creates a rock-solid core that eliminates energy leaks when transferring power from your feet to your fists.

Strict Parallel-Bar Dips: 3 sets of 12–15 reps. Teaches your shoulders and triceps to push downwards and forwards under control, reinforcing the structural alignment used in low checks and downward blocks.

Isodynamic Hand & Forearm Conditioning

Fingertip Plank Holds: 3 sets of 20–30 seconds. Perform a standard top-of-a-push-up plank, but elevate yourself strictly onto your fingertips. This hardens the small muscles of the hands and fingers, ensuring your hand spears and open-palm strikes don't collapse on impact.

If you are ready to adjust your training split to include these new routines, let me know: Do you want to swap one of your weightlifting days entirely for a pure calisthenics day? Should we integrate the morning routine into a specific daily checklist for you?

Are you experiencing any clicking or snapping sounds in your shoulders or hips during

these movements?
AI Mode response is ready
Ask about

It looks like you dropped in a full generated breakdown rather than asking something specific, so I'll give you a straight, technical read on it from a practitioner's perspective.

## What it gets right

The overall structure is solid:

- Separating **max strength, metabolic conditioning, and mobility** is exactly how you avoid the classic "bodybuilder stiffness" problem.
- Emphasis on **rotational power (landmine work, torso mechanics)** lines up well with Kenpo's torque-driven striking.
- The idea of a **mobility buffer day + form work at reduced speed** is actually very in line with Parker's "ideal phase → what-if phase" progression.
- Good inclusion of **active mobility (Cossacks, 90/90s)** instead of just passive stretching.

## Where it falls short (important for you)

This is where I'd tighten it up based on your level and background:

### 1. Not enough nervous system management

- You've got heavy lifting + CrossFit + Kenpo + explosive work stacked.
- For an advanced practitioner, that's a CNS fatigue trap.
- You'd want to cycle intensity (high/medium/low days), not just rotate modalities.

**Fix:**
Make Friday either:

- true speed (low load, high velocity), or
- drop it entirely during heavy Kenpo weeks

### 2. CrossFit WOD is too random for skill transfer

- Clean & jerks + wall balls are general athleticism, not specific carryover.
- For Kenpo, you care more about:
    - burst flurries
    - angle changes
    - repeat acceleration

**Better swap:**

- 5–7 second **strike flurry intervals on bag**
- sled pushes or band-resisted footwork
- short sprint → strike combo transitions

**3. Missing deceleration and structure work**

Kenpo isn't just speed—it's **controlled impact and retraction**.

There's almost nothing here for:

- eccentric control
- joint stacking under rapid direction change

**Add:**

- tempo squats (3–4 sec down)
- controlled step-through lunges with rotation
- band-resisted punch retraction

**4. Upper body bias toward pushing**

Pretty standard issue:

- Bench + OHP + dips = a lot of anterior dominance

For a striker, especially with your volume:

- scapular control and pulling should be equal or higher

**Upgrade:**

- Add more rows than presses (ratio ~1.5:1)

- prioritize:
    - chest-supported rows
    - face pulls
    - band pull-aparts between sets

**5. Forms at 50% is good—but incomplete**
That’s ideal phase work.

You’d benefit more from cycling:

- 50% precision
- 80% flow with intent
- broken rhythm / variable timing (what-if phase)

## What I’d refine for YOU specifically

Given your background (Kenpo + BJJ + strength focus), I’d shift the intent slightly:

- Keep **2 true strength days** (upper/lower)
- Replace generic CrossFit with **combat-specific conditioning**
- Add **grip + clinch integration** (since you cross-train BJJ)
- Build in **reaction-based drills**, not just pre-planned movement

Example tweak:

- Tuesday becomes: reaction + burst conditioning
- Friday becomes: speed + technical spar integration

## Bottom line

This is a good “general high-performance template,” but not fully optimized for a high-level martial artist.

It’ll build:

- strength
- conditioning
- mobility

…but without adjustment, it can:

- blunt speed
- accumulate fatigue
- and dilute technical sharpness

If you want, I can rebuild this into a **Kenpo-specific performance system** that ties directly into:

- technique categories (like your self-defense chains)
- reaction timing
- and biomechanical efficiency per movement type (linear vs circular, torque vs whip)

Just tell me how deep you want to go.